

Special Education Parent Newsletter



Mindful Tips to De-Stress

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Tip #1: Breathe

Take a moment to notice the sensation of your breath. Creating intentional space for resettling yourself, even with one breath, will help keep you calmer and more focused throughout your day.

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Tip #2: Put Down Your Phone

Your attention is pulled toward the most stimulating thing around you and your phone was designed to be just that. Holding onto a phone may temporarily relieve boredom, but it also allows you to tune out sensations and surroundings. Set some time each day to put your phone out of reach and just notice what, if anything, happens.

3

Tip #3: Do One Thing at a Time

We often try to prioritize tasks by handling them as they come, even if it means starting a new task while five others are already in the works. Switching between tasks takes up more time. It also makes you more prone to errors. That's why a huge component of mindfulness is doing just one thing at a time. It is a practice of giving all of your attention and awareness to the task at hand.

4

Tip #4: Find Mindful Moments

Mindfulness involves intentionally doing one thing at a time, becoming more aware of the task, and becoming more aware of your response to it. The next time you're doing a seemingly mindless task, like washing the dishes, brushing your teeth, or folding laundry, make it mindful. Notice your sensations; can you allow yourself to get so fully into the experience that it even becomes enjoyable?



Ancillary Staff Resources:

Speech & Language Pathologists: [Resource](#)

Occupational Therapists: [Link](#)

Emotional Impairment Consultants:

[Resource](#)

Deaf and Hard of Hearing Consultants:

[Resource](#)

